9.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is obesity.

10.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is anxiogenic symptoms.

11.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is premenstrual syndrome.

12.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is sensitivity to cold.

13.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is menopausal disorders.

14.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is sleep disorders.

15.   The method according to claim 8, wherein the symptom accompanying diminished homeostasis is autonomic imbalance.

16.   The method according to claim 8, wherein the composition is a food composition or a pharmaceutical composition.

17. The method according to claim 8, wherein the composition further comprises a mineral.

18. The method according to claim 17, wherein the mineral is one or more selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, vanadium, and salts thereof.

19. A method for improving metal taste of a mineral composition wherein one or more minerals are present in an amount sufficient to cause metal taste, comprising:
adding theanine to the mineral composition.

20. The method according to claim 19, wherein the mineral is selected from the group consisting of iron, magnesium, copper, zinc, selenium, calcium, potassium, manganese, chromium, iodine, molybdenum, nickel, vanadium and salts thereof.

21. The method according to claim 17, wherein the symptom accompanying diminished homeostasis is selected from the group consisting of anxiogenic symptoms, premenstrual syndrome, sensitivity to cold, menopausal disorders, sleep disorders and autonomic imbalance.

3